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# Explorer Update

A publication of the  
La Salle University Athletic Department — January 1997  
Volume 1, Number 1

## From the Director...

Happy New Year to all  
Explorer Fans!

What a difference a year  
makes! Last year many of  
our Explorer teams strug-  
gled. This year we got off  
to a great start with a year  
full of promise for the  
future as detailed in this  
issue of the Explorer  
Newsletter.

After the Fall season, La Salle is in 5th place overall in the Atlantic 10 All Sports Trophy race, with the men in second place.

Congratulations to all the Fall Sports for a great performance.

The Winter Sports are off and running and we anticipate an upswing both winter and spring sports this year.

Hayman Hall is a reality and should be completed by January 1998.

I would like to extend my appreciation to all of you who stuck with us through the tough times and I hope you enjoy sharing in the resurgence of La Salle Athletics. Without your support, we could not achieve the success we now enjoy. A big part of the resurgence is the Explorer Club and each individual Booster Club under its umbrella.

Our New Year's resolution is to expand the support groups for everyone of our 20 plus sports. This Newsletter is a part of the Explorer Club that will aid in the communication process for all sports.

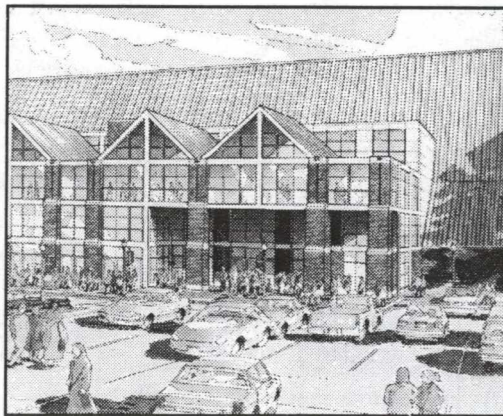
The future looks promising for the Explorers and we hope to be "Great by '98". May you and your families have a safe and happy New Year.

Keep the faith.

Sincerely,



Robert Mullen  
Director of Athletics



Architects rendering of Hayman Hall.

## L.E.A.D.E.R.S.

La Salle's Enthusiastic  
Athletes Developing &  
Encouraging a  
Responsible Society

On Wednesday, October 23, Joe Gillespie, Director of Academic Services, took five student-athletes to Shaw Middle School in Southwest Philadelphia, for a motivational session with the youngsters from that school. Chris Sullivan (Men's Soccer), Tom Gallagher (Men's Soccer), Travar Johnson (Men's Basketball), Tina Wahl (Women's Basketball), and Julie Chini (Women's Soccer) comprised the La Salle L.E.A.D.E.R.S group for the outing.

This group that Joe Gillespie organizes, are La Salle student-athletes willing to devote their time to the youth in the community and lend themselves as role-models for inspiration, encouragement, and support.

A very excited group of middle school students listened intently to these five athletes. The seminar session ran over into the recess session - to no objection from the students. An ailing reading program was suddenly revived when a promise came from Joe Gillespie to bring any classroom that meets its reading goal to the CoreStates Spectrum for a men's basketball game.

The L.E.A.D.E.R.S. community outreach program has a positive impact on the lives of not only the youth the group serves but also the student-athletes themselves.



## Early Signings

### Women's Basketball

**Jennifer Zenszer**, G, 5-7, Bishop McDevitt, (Wyncote, PA); 19.5 ppg as a junior

**Mandy Dubbs**, G, 5-10, Pine Grove Area (PA) High; 17.5 ppg

**Marjorie Rhoads**, F, 5-10, Columbia (PA) High; 1,700 points

**Shannon McDade**, F, 6-1, Nazareth Academy, (Philadelphia, PA) 17 ppg, 10 rebounds per game

**Melissa Hindenlang**, C, 6-2, Westmont Hilltop High, (Johnstown, PA) 15.6 ppg; 13.2 rbg

### Men's Basketball

**Garrett Bragg**, C, 6-11, Spanish River High, (Boca Raton, FL)

**Sid Catlett**, G, 6-3, Fork Union Military, (Washington, DC) 29 ppg.

**James Jordan**, F, 6-9, Redemption Christian Academy, (Troy, NY)

**Victor Thomas**, F, 6-7, St. John Neuman, (Philadelphia, PA)

### Baseball

**Michael Fuchs**, C, 6-4, R/R, Archbishop Carrol, (Philadelphia, PA)

**Alex Roberti**, P/IN/OF, 6-2, L/L, Elgin Academy, (Elgin, IL)

## Explorers on Radio

La Salle is now proud to announce the inception of its own La Salle Basketball Radio Network. With Kale Beers and Jeremy Treatman calling the action on the remaining 11 games that will not be broadcast by 1210 AM, La Salle fans will be able to hear every single game of the Explorer season for the first time in the school's history. The La Salle Basketball Radio Network has five affiliates and will be simulcast on La Salle's cable access channel 56 on Comcast Cable Systems.



## Buck the Bartender Returns and asks why?

As we were saying when the doctors whisked us away from our La Salle University digs for a few months, Buck The Bartender has taken over this page in your

La Salle University Newsletter.

As usual, the invitation is open for suggestions on articles, items, "Where Are They Now" flashbacks or anything pertaining to La Salle, then and now.

### For instance:

Many, many years ago, when Buck was just a young buck working on the Philadelphia Bulletin, we covered a La Salle cross-country meet on a windy, cold, rainy autumn day in Fairmount Park.

This, of course, was in the days before a physical fitness craze hit the population (although it still hasn't reached Buck).

We remember starting our story of that meet in this manner:

"Why cross-country?"

Now, of course, for the high school, college and post-graduate runner so interested, it is a way of staying in shape and also competing.

Still, we wondered "why."

An anonymous member of La Salle University's successful cross-country program agreed to tell us why. You can read one person's opinion elsewhere in this issue as to why cross-country is an exciting, and sometimes highly competitive, sport.

**Speaking of the outdoors**, La Salle will host the Atlantic 10 men's and women's track meets at McCarthy Stadium, May 3-4.

Many of you had been saying the Explorers should be in the high-profile Atlantic 10 and, now that we are, let's see your support, in all sports.

You may not know it, but in La Salle's first year of competition, the university finished sixth (out of 12) in the Atlantic 10's Hanes-Commissioner's Cup standings, not bad for a "rookie" team.

And, on the basis of the early regular-season success of the field hockey team, men's soccer and both men and women cross-country teams, La Salle should be in the first-division fight again.

Just remember, the Atlantic 10 is not just about the well-documented basketball programs, but we compete in 15 other conference sports. So, when the Explorers get the chance to host a championship event like the outdoor track sessions, show your support.

**Women's rowing**, an A-10 sport, will also be held in these parts, April 26, at the Cooper River in Pennsauken, NJ, which is also the site of the annual La Salle Invitational Regatta on April 12.

### From the "Where Are They Now" Department

**Ashley Golden**, 1995 women's soccer co-captain, is serving in the Peace Corps in South America. If you want to drop her a very-welcome line, her address is: P.V.C. Ashley Golden, Peace Corps, PO Box 101192, Georgetown, Guyana, South America.



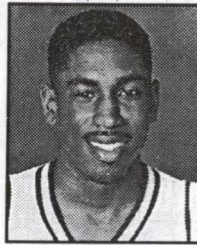
Ashley Golden



**Romaine Haywood**, 1995-96 basketball captain, is starting for Prisse, France; **Kareem Townes** is averaging 33 points and seven assists per game for the Sporting Club Juventus in Italy; **Randy Woods** is pumping them in for Quad-City of the Continental Basketball Association.

**Speaking of addresses**, if you have anything to add to this effort, or something you'd like to have Buck check on, just drop a note to Buck's alter ego, Bob Vetrone, La Salle University, Box 805, Philadelphia, PA 19141-1199.

See ya again, soon.



Kareem Townes

## Fall Awards for Explorer Athletes

### Field Hockey

Erin Dalton, Sr., Allentown (PA)/ William Allen High: 1st team Atlantic 10; 1st team, USAir, Atlantic 10 Conference All-Academic Team.

### Men's Soccer

Pat Farrell: Mid-Atlantic Division I Regional Coach of the Year (voted by the National Soccer Coaches Association of America; Voted Atlantic 10 Coach of the Year.

Cesidio Colasante, Jr., Hockessin, DE: 1st team, Atlantic 10; 2nd time Philadelphia Soccer Seven Player of the Year; Leading scorer (48 points), Mid-Atlantic Region.

Erik Cline, Sr., Wallingford, PA: 1st team, Philadelphia Soccer Seven (2nd time).

Matt Comey, Sr., Philadelphia, PA: 1st team, Philadelphia Soccer Seven.

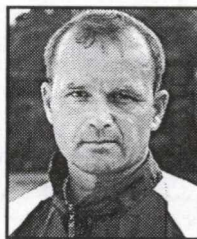
Dan Stout, Jr., Newark, DE: 1st team, Philadelphia Soccer Seven.

Dan Devery, Fr., Philadelphia, PA, 2d team Atlantic 10.

### Women's Soccer

Laura Winchester, Jr., Bensalem, PA; 1st team, Atlantic 10

Krista Garberina, Sr., Richboro, PA: USAir Atlantic 10-Fall Academic team



Pat Farrell



Cesidio Colasante

## Why Cross-Country?

The young sports writer trudged up the muddy hillside to the starting line of the big cross-country championship where crowds were gathering. He couldn't help being disappointed and annoyed. For his first assignment, he was expecting to cover basketball or football, but instead he was stuck covering a boring foot race. He wondered why anyone in their right mind would actually want to be in these conditions to watch, let alone to run 10 miles.

"Hey Bob!" Marty, another novice sports writer, yelled across the wide, open field. "Isn't this great? I'm so excited to see who will win the championships.."

*continued on page 4*

## Meet the Athletic Administration

Need information on basketball season tickets?

Call Pete D'Orazio, 215-951-1999.



Pete D'Orazio

Want to know about intra-murals — schedules, results, officiating assignments?

Call Pete D'Orazio, 215-951-1545.

The snack bar on the first floor of Hayman Hall is running low on some supplies and needs replenishing.

Pete helps out Andy Palaggo there, too. Call him at either of those numbers, or look behind the computer in his first floor/Hayman Hall office and you'll probably find this Pete-of-all-trades and master of all.

Pete, a 1981 La Salle graduate out of Cardinal Dougherty High, has been active ever since he matriculated, serving as men's basketball manager and continuing with his varied positions.

We tried to call Pete to get more information on his mega-jobs, but both his phones were busy.

Figures.

## Let's Hear From You...

We want to hear from you!! Give us your comments, your questions. If you're an athletic alum, please tell us what you've been up to. Send all correspondence to: *Explorer Update*, La Salle University Athletics, 1900 West Olney Avenue, Box 805, Philadelphia, PA 19141-1199.



## Upcoming Athletic Events

**APR. 12**

### **Crew**

La Salle hosts its annual  
Invitational Regatta, Cooper  
River, Pennsauken, NJ  
(215-951-1044)

**APR. 26**

### **Women's Crew**

Atlantic 10 championships,  
Cooper River, Pennsauken, NJ  
(215-751-0500)

**MAY 3-4**

### **Track**

La Salle hosts the Atlantic 10  
men's and women's track champi-  
onships, at McCarthy Stadium  
(215-751-0500)

**MAY 15-17**

### **Baseball**

Atlantic 10 championships,  
Boyertown, PA (215-751-0500)

## **Cross Country**

*continued from page 3*

Bob wondered how anyone could get this excited about seeing a bunch of skinny guys run themselves to the point of exhaustion. "Shh...the gun is about to go off!" Bob raised his head and waited for this nonsense to be over.

The long starting line of runners in brightly-colored uniforms shot off. Within several seconds, the group took on a V-formation, with the strongest in the front and the weaker runners straggling behind. Bob watched as the pack narrowed as it entered the woods. He saw a runner fall and get trampled. He didn't know that this sport could possibly be violent and was a little impressed. As the race disappeared into the woods, Marty started talking about the first few minutes of the race. "Bob, did you see Byrne get trampled? He was up there too! Did you see the guys from Northern?" Bob ignored his comments and waited for the runners to appear again.

As the race emerged from the woods about eight minutes later, the crowds roared again. The formation of the group had changed. The runners that were in the front at the beginning fell behind. Others who started out in the middle or back nestled their way into the front and looked confident. Bob watched as runners passed each other, many times throwing in an elbow or kicking mud up and spiking legs in the process. It became a little interesting to see who would win this battle.

Again the race disappeared into the woods and resurfaced with the runners looking even worse than before. Bob observed each runner, no matter how bad they looked, muster up their strength and push to the end. The crowd gathered around the finish line to see the first runner come in, a tall, thin guy who had a considerable lead on the rest of them. Then the runners flooded the finishing area - a thundering herd trampling the last meters. After the bulk of the runners came in, even the stragglers hustled to the end. They, too, were competitive.

Once they crossed the line, the scene was one of weak legs, bodies on the ground, vomiting, cheering and jumping up and down. Bob figured they were probably so happy because the torture was finally over. He had never seen anything like this before.

After the race, Marty blabbered on about how exciting the finish was, what shocking results they were, and who knows what else. However, Bob could slightly relate to Marty's extreme fanaticism. Cross-country was not everything he thought it to be. There was competition, guts, glory, and defeat, just like there is in football or basketball. The only difference with cross-country is that runners spend themselves to the limit for something they love and this dedication is unmatched in any other sport.

La Salle University  
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